

COACH DEVELOPMENT PROGRAM



Physical Tests



Physical Tests

Why Testing?

Enables the coach to assess the success of the training program

Indicate weaknesses

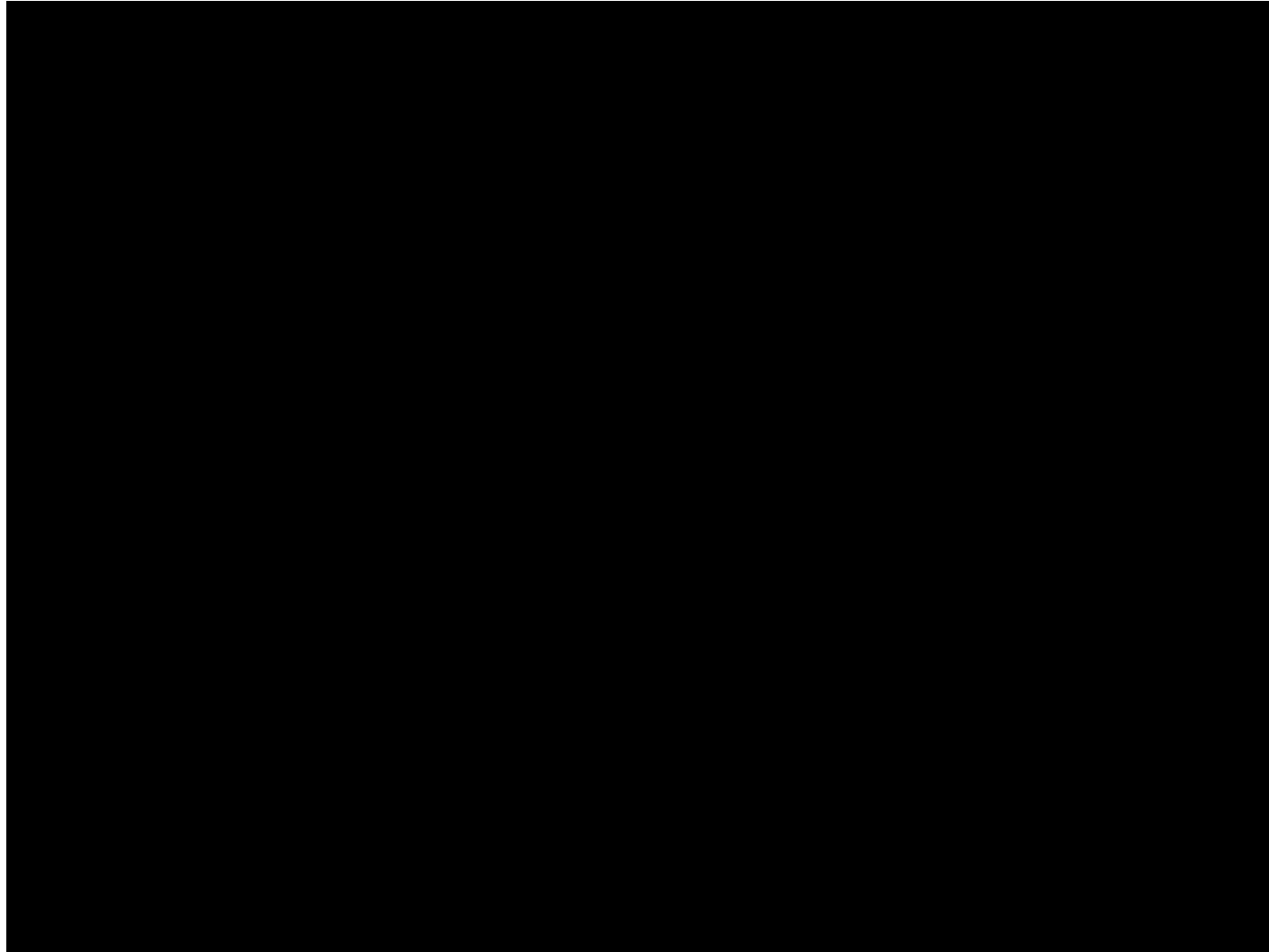
Individualize training programs

Motivate the athlete

Physical Tests

Physical Quality	Test	Under 17
Strength	Hand Grip	
	Back Squat	X
	Bench Press	
Power	Power Clean	X
	Squat Jump	
	Counter Movement Jump	
	Counter Movement Jump (Arms)	
	Sprint 10 - 20 - 30 mts	
Aerobic	Cooper 3000 mts	
Anaerobic	Pull Ups	
	Parallel Bar Dips	X
	Brutal Bench	
	Shuttle run 150 mts x 2	X

Physical Tests



Physical Tests

Name	Unit	Points										
		1	2	3	4	5	6	7	8	9	10	
Strength												
Squat	kg	1,0	1,083	1,167	1,25	1,333	1,416	1,5	1,583	1,666	1,75	X own body weight
Bench Press	kg	0,75	0,833	0,917	1,00	1,083	1,166	1,25	1,333	1,416	1,50	X own body weight
Hand Grip	kg	40	42,78	45,55	48,33	51,11	53,88	56,66	59,44	62,22	65	
Power												
Squat Jump	cm	20	22,22	24,44	26,67	28,89	31,11	33,33	35,55	37,77	40	
CMJ	cm	25	27,22	29,44	31,67	33,89	36,11	38,33	40,55	42,77	45	
CMJ (a)	cm	30	32,78	35,55	38,33	41,11	43,89	46,66	49,44	52,22	55	
Clean	kg	0,75	0,805	0,86	0,915	0,97	1,025	1,08	1,135	1,19	1,25	X own body weight
Sprint 10 m	Sec	1,80	1,78	1,76	1,73	1,71	1,69	1,67	1,64	1,62	1,60	
Sprint 20 m	Sec	3,10	3,07	3,03	3,00	2,97	2,93	2,90	2,87	2,83	2,80	
Sprint 30 m	Sec	4,30	4,26	4,21	4,17	4,12	4,08	4,03	3,99	3,94	3,90	
Aerobic												
Cooper Test	Minutes	12,15	12,03	11,51	11,39	11,28	11,16	11,05	10,53	10,42	10,30	
VO2 Max	MI	55	55	56	57	58	59	60	62	63	65	
Anaerob												
150x2, Time 1	Sec	37,00	36,55	36,11	35,66	35,22	34,78	34,33	33,89	33,44	33,00	
150x2, Time 2	Sec	38,00	37,55	37,11	36,66	36,22	35,78	35,33	34,89	34,44	34,00	
Brutal bench	Number	3	6	9	12	15	18	21	24	27	30	
Chins	Number	2	4	6	8	10	12	14	16	18	20	
Dips	Number	3	6	9	12	15	18	21	24	27	30	
		1	2	3	4	5	6	7	8	9	10	
Points												

Physical Tests

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Height	Weight:
162	54,6

	Result	Points
Squat	75.0	5.5
Bench press	70.0	10.0
Grip	41.8	1.0

Clean	64.0	8.6
Squat Jumps	32.9	6.8
CMJ	36.2	6.0
CMJ (a)	37.2	3.6
Sprint 10m	1.76	2.8
Sprint 20m	3.07	1.9
Sprint 30m	4.31	1.0

Cooper (3000m)	11.25	4.8
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Chins2	9	4.5
Dips	29	9.7
Brutalbench	24	8.0
150m 1	35.12	5.2
150m 2	36.10	5.3

PhysiDex → 5.3

Strength → 5.5

Power → 4.4

Aerobic → 4.8

Anaerobic → 6.5



Physical Tests

Factors that can influence test results

The ambient temperature and humidity, time of day

Amount of sleep and time since last meal

Inappropriate warm-up

Quality of test environment (track, road, equipment, etc)

Emotional state of the athlete

Did he/she apply maximum effort?

The athlete's prior test knowledge/experience

People present

Accuracy of measurements (times, distances, standardization, etc)

Personality, knowledge and experience of the tester